

# PREVENTIVE CARE GUIDELINES

## FOR PROVIDERS



| ACTIVITIES   | FREQUENCY   | AGES 12-19 | AGES 20-39 | AGES 40-64   |
|--|---|------------|------------|--|
| Height, weight, and blood pressure   | At least every 2 years  | x annually | x          | x  |
| Hearing and vision   | To be performed   | x          |            | x  |
| Pap test (females at age 18 or earlier if sexually active past or present) (women with hysterectomies if cervix is present)  | Annually until two consecutive negative tests then every 3 years                                      | x          | x          | x  |
| Non-fasting total cholesterol test (for men beginning at age 35, women at 45)  | To be performed every 5 years   |            | x          | x  |
| Total cholesterol test (for women beginning at 45-65 years and men beginning at 35-65 years)   | To be performed once  |            | x          | x  |
| Rubella serology or vaccination (for women of child-bearing age, without proof of immunization/immunity)   | To be performed once  | x          | x          | x  |
| TD booster (tetanus, diphtheria)   | Every 10 yrs and at 11-16 yrs of age  | x          | x          | x  |
| Varicella (for adolescents without proof of immunization or immunity)  | At 11-12 years of age<br>High risk: 2 doses- 4-8 weeks apart  | x          | x          | x  |
| MMR (measles, mumps, rubella) (if not previous 2nd dose)   | Once at 11-12 years of age  | x          | x          | x  |
| Hepatitis B  | At current visit then at 1 and 6 months   | x          | x          | x  |
| Hepatitis A  | To be performed 12-18 years- high risk only   | x          |            |  |
| Chlamydia screening (for sexually active females, past or present) (for women at high risk)  | To be performed: <25 years of age – regularly; >25 years of age-periodically for high risk assessment | x          | x          | x  |
| Influenza vaccine (for high risk individuals)  | Annually, each fall season  | x          | x          | x  |
| Breast examination by your doctor<br>Women 40 and over should talk with their doctor about mammography and the detection of breast cancer<br>Mammogram (X-ray of the breast) or mammogram with annual clinical breast exam | Every year<br>Every 1-2 years<br>Annually   |            |            | x<br>Women 40-50 years old<br>Women 50 years & older |
| Fecal occult blood testing (beginning at age 50) or Flexible sigmoidoscopy (beginning at age 50)   | Every 1-2 years<br>Every 5 years  |            |            | x  |
| TB screening (for high risk individuals)   | To be performed   | x          | x          | x  |

| COUNSELING / EDUCATION   | AGES 12-19 | AGES 20-39 | AGES 40-64 |
|--|------------|------------|------------|
| Nutrition; Exercise; Injury Prevention; Dental Health; Mental Health (depression); Preconception (including folic acid to decrease risk of fetal birth defects); Sexual Behavior (STDs, HIV, birth control); Substance Avoidance (tobacco, alcohol, drugs) | x          | x          | x          |
| Self-breast Exam (women); Testicular Self-exam (men)   | x          | x          | x          |
| Osteoporosis (women)   |            |            | x          |
| Meningococcal (high risk groups)   | x          |            |            |
| Menopause & hormone replacement therapy (perimenopausal and menopausal women); prostate cancer screening (men, particularly African-American); stroke and coronary artery disease  |            |            | x          |

